



Thai Yellow Style Mussel and Fish Curry

with Jasmine Rice and Peanuts

Seafood Special | 25-30 Minutes • Medium Spice • 1 of your 5 a day

38



Jasmine Rice



Carrot



Garlic Clove



Lime



Salted Peanuts



Garlic & White Wine
Scottish Mussels



Sugar Snap Peas



Thai Style Spice
Blend



Yellow Thai Style
Paste



Coconut Milk



Soy Sauce



Fish Pie Mix

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press, fine grater, rolling pin, colander and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Carrot**	1	1½	2
Garlic Clove**	2	3	4
Lime**	1	1	2
Salted Peanuts 1)	25g	40g	50g
Garlic & White Wine Scottish Mussels** 6) 7)	1 pack	1½ packs	2 packs
Sugar Snap Peas**	80g	120g	150g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Yellow Thai Style Paste	45g	67g	90g
Coconut Milk	180ml	250ml	360ml
Soy Sauce 11) 13)	15ml	25ml	30ml
Fish Pie Mix** 4)	1 pack	1 pack	2 packs

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	761g	100g
Energy (kJ/kcal)	3391/810	446/106
Fat (g)	34.4	4.5
Sat. Fat (g)	18.6	2.4
Carbohydrate (g)	79.9	10.5
Sugars (g)	9.9	1.3
Protein (g)	45.3	6.0
Salt (g)	5.24	0.69

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **3)** Sesame **4)** Fish **6)** Molluscs **7)** Milk **11)** Soya
13) Cereals containing gluten


Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).

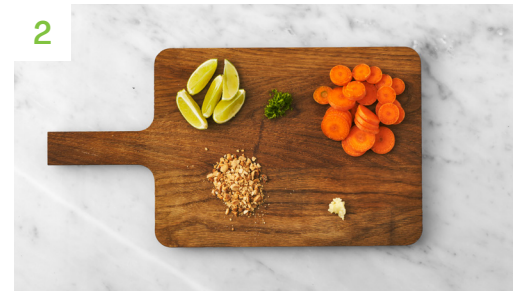


Curry On

Drain the **fish pie mix** and pat dry with kitchen paper. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

Gently stir the **fish pie mix** and **mussels** through the **curry sauce**, then pop the lid on.

Simmer gently, stirring occasionally, until the **fish** is cooked and the **mussels** are piping hot, 5-8 mins. **IMPORTANT:** Mussels served in shell, beware of sharp edges or broken shell. Discard any that do not open. Ensure they're piping hot throughout.



Prep Time

Meanwhile, trim the **carrot**, then slice into 0.5cm thick rounds (no need to peel).

Peel and grate the **garlic** (or use a garlic press). Zest and cut the **lime** into wedges.

Crush the **peanuts** in the unopened sachet using a rolling pin.

Drain the **mussels** in a colander.



Finishing Touches

When the **fish** and **mussels** are cooked, remove the pan from the heat.

Add a squeeze of **lime juice** and stir in the **lime zest**.

Taste the **curry** and season with **salt, pepper, sugar** and more **lime juice** if needed.



Get Frying

Heat a drizzle of **oil** in a large saucepan with a tight-fitting lid on high heat.

Once hot, add the **carrot** and **sugar snaps**. Stir-fry until tender, 2-3 mins, then reduce the heat to medium.

Add the **garlic**, **Thai style spice blend** and **yellow Thai style paste**. Fry for 1 min more.

Stir in the **coconut milk**, **soy sauce** and **sugar for the sauce** (see pantry for amount) and bring to the boil. Simmer for 1-2 mins.



Serve Up

Fluff up the **rice** with a fork and share between your bowls.

Spoon over the **Thai style fish curry** and sprinkle over the **peanuts**.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!